



Achieve Your  
Best Health NOW!

Program Year:  
July 1, 2012 - May 31, 2013

## Earning the DelaWELL \$200 Gold Level Reward Is As Easy As 1-2-3:

**1) Know Your Numbers:** Participate in a **DelaWELL Health Screening** to be held at various locations throughout the state from July through November 2012 and January through April 2013. Log on the DelaWELL Health Portal and click on the links on the left side for more information, including a screening calendar and to sign up for a screening appointment.

**2) Get A Plan:** Complete your confidential online **Wellness Assessment** questionnaire for 2012-2013 by visiting the DelaWELL Health Portal. In just 15-20 minutes, you will get your Wellness Score and personalized report with recommendations for healthy steps you can take to reach your goals. Current members can view their past wellness assessment results to measure progress and health changes.

**3) Join a Program: NEW!** Join a worksite or online **Weight Watchers Program!** Or, actively participate in an **Alere Health Coaching Program** or **Condition Care Program**. Visit the DelaWELL Health Portal or call 1-866-674-9103 to find out more and enroll today.

### **DelaWELL Rewards Your Efforts!<sup>1</sup>**

**SILVER LEVEL:** Complete Steps 1 and 2 to earn **\$100!**

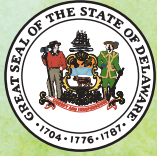
OR

**GOLD LEVEL:** Complete Steps 1 and 2 and 3 to earn **\$200!**

**NEW** – “Early Bird Payment” Complete Steps 1 and 2 by October 15, 2012  
and get your Silver Level Reward in December 2012!

<sup>1</sup>Only eligible members can earn rewards. Wellness Assessment and Health Screening are required to earn rewards. All activity requirements must be met no later than May 31, 2013. Rewards will be paid in December 2012 or July 2013, as applicable. Visit the DelaWELL Portal to learn more about the 2012-2013 program, rewards and eligibility requirements. Once logged in, click on “Program Overview” located on the left menu under DelaWELL Program Info.

**DelaWELL Health Portal - <https://delawell.alerehealth.com>**  
**1-866-674-9103**



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